



LOS ANGELES MEDICAL CENTER

FOR IMMEDIATE RELEASE

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Kaiser Permanente Urges its Members to Obtain Free Flu Vaccinations Offered Across Southern California

Immunization is the Best Defense Against Getting or Spreading the Flu, a Serious Disease That Plagues Millions Each Year!

LOS ANGELES, Calif., Sept. 16, 2019 —Kaiser Permanente is holding seasonal flu vaccination events for its members at 50 locations across Southern California beginning Saturday, Sept. 21, where they can receive free influenza vaccinations.

The health care organization is urging its members and the general public to get vaccinated early this flu season, as that is the most effective prevention against contracting the disease that plagues millions each year.

In the Los Angeles Medical Center service area, flu shots for Kaiser Permanente members will be offered at all of our outlying medical offices. Please [click here](#) for a complete, up-to-date flu vaccine schedule for the Los Angeles service area.

Every year, millions of people get the flu, and hundreds of thousands of individuals end up in the emergency room or hospitalized. It's highly recommended that the most sensitive populations, which include the elderly, pregnant women, babies that are six months and older, along with those with chronic health conditions, should get vaccinated.

“Annual flu vaccination is our best protection from complications of influenza infection,” says Jonathan Doris, MD, electrophysiology cardiologist and physician flu champion for Kaiser Permanente Los Angeles Medical Center. “Every year about 40,000 people die from flu-related complications, many of which could be prevented by annual vaccination.”

Harmful flu myths and a lack of awareness have caused significant health-related inequities in flu vaccination rates and flu-related complications, particularly in the African American and Latino communities, studies show. According to the [Centers for Disease Control and Prevention](#), African Americans and Latinos are disparate populations that experience disproportionately higher rates of chronic health conditions such as asthma, diabetes, heart disease and obesity. Subsequently, it's these chronic health conditions that place many African Americans and Latinos at a higher risk of severe flu complications.

“A common flu myth is about getting sick from the Flu shot. You simply cannot contract the flu from a flu shot,” says Dr. Doris. “However, without flu vaccination you put yourself and those around you at higher risk of flu-related illnesses which could lead to hospitalizations and even death.”

Please visit kp.org/flu or call the flu hotline number at 1-866-706-6358 for information about Kaiser Permanente flu locations across Southern California.

***Editor’s Note: See Flu Infographic at the end of this document.**

About Kaiser Permanente

Kaiser Permanente is committed to helping shape the future of health care. We are recognized as one of America’s leading health care providers and not-for-profit health plans. Founded in 1945, Kaiser Permanente has a mission to provide high-quality, affordable health care services and to improve the health of our members and the communities we serve. We currently serve 12.3 million members in eight states and the District of Columbia. Care for members and patients is focused on their total health and guided by their personal Permanente Medical Group physicians, specialists and team of caregivers. Our expert and caring medical teams are empowered and supported by industry-leading technology advances and tools for health promotion, disease prevention, state-of-the-art care delivery and world-class chronic disease management. Kaiser Permanente is dedicated to care innovations, clinical research, health education and the support of community health. For more information, go to: <https://about.kaiserpermanente.org/>

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FLU INFOGRAPHIC

The flu is serious.
Protect yourself and
everyone around you.

Every year, millions of people get the flu. Hundreds of thousands of people get so sick, they wind up in the hospital.* Why risk it?

#1

The flu shot is your best defense against getting and spreading the flu.



Protect yourself and others

The flu spreads easily, but the flu shot will help protect you. And if you don't get the flu, you can't spread it to others.

Can the flu shot give you the flu?



No. The flu shot doesn't contain a live virus. However, it can take up to 2 weeks for your body to be fully protected.



Who should get the flu shot?

Everybody 6 months and older – especially pregnant women and anyone caring for infants.

Once a year, every year

Flu viruses change each year, and so does the vaccine. Get your flu shot every year to reduce your risk.



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You don't have to pay

Kaiser Permanente members can get a no-cost flu shot at all of our locations. Many even have walk-in flu shot clinics.

*Centers for Disease Control and Prevention

Get your flu shot today!

To find a flu shot location, visit kp.org/flu